

Today your child took part  
in Life Education's

# Harold's Diary

module



## WHAT IS IT ABOUT?

'Harold's Diary' is a fun and interactive session where Harold shared his diary entries about one week at school with the class. Through the diary entries, your child explored:



The importance of friendships and support networks



Strategies to manage bullying



Emotions connected with new situations and changes



Benefits of a healthy lifestyle

## WHY IS THIS MODULE SO IMPORTANT?



There are many factors that contribute to a healthy lifestyle such as physical, social/emotional and environmental factors. Developing children's knowledge and skills about all of the factors that contribute to a healthy lifestyle will equip them with the tools to help them manage their health and wellbeing now and into the future.

## SO WHAT NEXT?

**Your child's teacher has 'Harold's Diary' resources to use in the classroom, and you can continue the learning at home.**



**To do:**  
Watch 'Rice Colonel' ([www.lifeeducation.org.au/ricecolonel](http://www.lifeeducation.org.au/ricecolonel)), a cartoon about healthy food, with your child.

You can also read "I am Jack" by Susanne Gervay with your child.

**To ask:**  
Talk to your child about what they have learned. Here are some ideas to start a conversation with them about it.

What do you do when you feel sad or angry?

What would you do if you saw someone at your school being teased or ignored?

[www.lifeeducation.org.au/parents](http://www.lifeeducation.org.au/parents)